Allergy Free Meat

Includes vision and physical accessibility notes

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Cover is a composite of Pixabay pictures.

Acknowledgements

Writing a cookbook is something I never dreamed I would need to do. I was once so organized, and memorized everything I read. Before brain damage. Now, I forget names, faces, and anything not written, down. And even those things that are written on occasion.

A tremendous thank you to all who offer help that often you never see the results of. Years later, even decades later, those you help will remember the assistance you gave.

May this cookbook inspire others to want to cook and write.

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Meat

Meat provides many vitamins, minerals, and necessary fats. Our bodies need a minimal amount of certain kinds of fat to maintain warmth in winter, as well as proper joint function. In moderation, meat is healthy.

The negative status of meat is mostly due to the number of fried and deep fried dishes. Frying meat isn't necessary for a tasty and easy to prepare meal. Most hamburger or turkey burger dishes listed are baked. Chili and spaghetti are the exception. The occasional stir fry can add missing vitamins and minerals in a small meal.

In most cases, beef burger and turkey burger are interchangeable. Pork burger is not, simply because extra spices are usually added to it, therefore forming more of a sausage than a burger.

Grass, range fed meat is healthiest, and can be bought in large lots and frozen in an extra freezer for up to a year, ready when you want it.

Fish and seafood fall in a special meat category. Prices and availability often change for store bought and wild caught fish. Be aware of current news updates about mercury and other fish contaminants.

As with all food products, it's best to know where your food comes from, and how it travels, before it arrives in your home.

Thawing and cooking meat pose potential hazards for low vision and low dexterity people. There are ways to safely cook and cut meat. The easiest, though not necessarily the healthiest, is to use prepared meats, or burger, for all recipes.

Beef

All burger based meals will be discussed in a later section, as they may be made from either beef or turkey burger.

To make the beef recipes section simpler, I am using the labels on the PDF called "Beef Made Easy - Retail Beef Cuts and Recommended Cooking Methods" found online: http://www.beefretail.org/CMDocs/BeefRetail/efcdisplaytools/BeefMadeEasyCutChart.pdf by the 2005 Cattleman's Beef Board and National Cattleman's Beef Association (accessed 04/21/13).

This is a great resource when ordering cuts of meat from a farm raised cow to store in your freezer. Word of note: Some cuts may include others. Also, some butchers will name parts differently. The Beef Retail site (http://www.beefretail.org/ accessed 04/21/13) also offers recipes, food safety, and newsletters from its main page.

Beef is easy to cook. A little water added to the pan helps hold in moisture. A little vegetable, or canola oil, may be needed if pan frying. Grilling is also an option, though it takes a little more work, thought, preparation, and a good grill. Marinating isn't necessary, though it may improve the taste, texture, and cook time.

Baked Steak

When I first started cooking again, I suffered from muscle weakness, as well as memory loss. Standing over a stove was simply more work than I could do. I started with the simplest meal. Place the meat in the oven. Sit and rest for thirty minutes and then place the vegetable pans on the stove top. I was so weak I sat on a stool the last thirty minutes, stirring the vegetables every ten minutes. I couldn't lift the pan of vegetables to take to the table. Eventually, I gained strength and health from the good food I was eating.

Pre Cook Preparation:
- Marinate: 1 to 2 hours in the fridge
  - Honey and garlic sauce, or
    - Barbecue sauce
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:
- Physical Accommodations
  - Long oven mitts and oven rack puller
  - Cut meat into bite sized pieces before sitting down
  - Frozen or canned vegetables can be used
- Visual Accommodations:
  - Use colored chopping boards
- Potential Food Allergy or Intolerance:
  - Beef
  - Butter (lactose)
  - Pepper
  - Spices
  - Mushrooms
- Meatless Preparation Avoid:
  - Beef
  - Butter
  - Substitute with: _____

Utensils:

- Fork
- Steak knife
- Pan: Glass or ceramic oven safe dish with a lid, as large as the meat

Ingredients:

Meat: Choose a 2 pound package of one of the following items:

- Bottom round steak
- Chuck eye steak
- Chuck steak
- Eye round steak
- Porterhouse steak
- Rib steak
- Round tip steak
- Shoulder top blade steak
- T bone steak
- Top loin steak
- Top sirloin steak
- Top round steak, or
  - Tri tip steak

Vegetables:

- Baked potato
- 4 ounces of mushrooms
- 1/4 cup sliced onions
- Squash with green beans and ham, or
  - Bacon bits

Other ingredients:

- Garlic sprinkled across the top
- Dash of salt
- Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:

1. Place meat in pan.
   It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with.
2. Add enough water to cover the bottom of the pan, not enough to cover the steaks.

3. Add a dash or two of salt across the meat.
4. Place pan in oven.
5. Place vegetables in the oven at the same time.
   Reminder: Baked potatoes take 1 1/2 hours, so plan accordingly.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3

Storage Solutions: Individual square plastic container, with, or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 1:25.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Baked Mini Steak

After not having energy to cook or wash dishes for a few days, I had no idea what I wanted for dinner. And we only had bits and pieces of meat, not enough of anything to feed both of us for two days. I figured I could spend an hour plus a day cooking, or I could cook several meals at once. I cooked four kinds of meat, and eight vegetables. Hubby came home not knowing where to start in choosing his dinner. I enjoyed the meal, and washed dishes the next day.

Pre Cook Preparation:

- Marinate: 1 to 2 hours in the fridge
  - Honey and garlic sauce
    - Barbecue sauce
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

- Physical Accommodations:
  - Long oven mitts and oven rack puller
  - Cut meat into bite sized pieces before sitting down
  - Frozen or canned vegetables can be used
- Visual Accommodations:
  - Use colored chopping boards
- Potential Food Allergy or Intolerance:
  - Beef
  - Butter (lactose)
  - Mushrooms
  - Pepper
  - Spices
- Meatless Preparation Avoid:
  - Beef
  - Butter
  - Substitute with: _____

Utensils:

- Fork
- Pot holders
- Steak knife
- Pan: Glass or ceramic oven safe dish with a lid, as large as the meat

Ingredients:

Meat: Choose a 2 pound package of:

- Brisket flat cut
- Flank steak
- Shank cross cut
- Skirt steak
- Sirloin tip center steak
- Sirloin tip side steak, or
- Stir fry strips

Vegetables:

- Baked potato
- 4 ounces of mushrooms
- 1/4 cup sliced onions
- Squash with green beans and ham, or
- Bacon bits

Other ingredients:

- Garlic sprinkled across the top
- Dash of salt
- Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:

1. Place meat in pan.
   It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with.
2. Add enough water to cover the bottom of the pan, not enough to cover the steaks.
3. Add a dash or two of salt across the meat.
4. Place pan in oven.
   Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently.
5. Place vegetables in the oven at the same time.
   Reminder: Baked potatoes take 1 1/2 hours, so plan accordingly.

Cook Temperature: 350 degrees

Cook Time: 15 to 20 minutes

Servings: Generally, each of these steaks will be one serving

Storage Solutions: Individual square plastic container, with, or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 1:25.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Baked Roast

Roast is a comfort food. The well cooked meat melts in the mouth, and vegetables are baked to perfection. The aroma of baking roast is comforting on the cold days of spring and fall, and it's delicious reheated the next day. Store bought roasts used to be twice the size they are now and could feed two people for four days for $4.00 to $6.00. Today, these roasts only contain about three servings and cost $12.00 to $15.00. A full sized roast, when found, costs about $66.00 and doesn't have enough fat to caramelize properly, remaining dry and stringy.

Pre Cook Preparation:

- Marinate: 1 to 2 hours in the fridge
  - Honey and garlic sauce, or
    - Barbecue sauce
- A. Timer set to thaw meat for about 4 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 2 hours later, when meal should be ready to eat

Meal Adaptations:

- Physical Accommodations:
  - Long oven mitts and oven rack puller
  - Electric knives to slice the meat. Some stores will slice it for you before you take it home.
  - Cut meat into bite sized pieces before sitting down
  - Frozen or canned vegetables can be used

- Visual Accommodations:
  - Roast can be sliced either in the pan, or on a plate, whichever reduces the mess
  - Use colored chopping boards

- Potential Food Allergy or Intolerance:
  - Butter (lactose)
  - Beef
  - Pepper
  - Spices
  - Mushrooms

Meatless Preparation Avoid:
Beef
Butter
Substitute with: _____

Utensils:
Fork
Carving knife
Pot holders
Steak knife
Pan:
Glass or ceramic oven safe dish with a lid, as large as the meat
Preferred choice: table top oven roaster. They come with directions. Cooking time is far less. Also, they expend far less heat into your home so can be used comfortably, even during the summer.

Ingredients:

Meat: Choose one 5 pound package of:
Bottom round roast
Chuck bone pot roast
Chuck pot roast
Eye round roast
Rib roast
Ribeye roast
Round tip roast
Shoulder pot roast
Sirloin tip center roast
Tenderloin roast, or
Tri tip roast

Vegetables: Choose 2 or 3 of:
15 ounces of carrots
15 ounces of celery
15 ounces of green beans
15 ounces of potatoes

Other ingredients:
1 tablespoon of butter
Dash of salt
Spices such as pepper to taste

Preparation Time: 20 minutes

Preparation:

1. **Slice carrots, potatoes, and green beans.**
2. **Place meat in pan.**
   It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with.
3. **Add enough water to cover the bottom of the pan. Not enough to cover the steaks.**
4. **Add vegetables around the meat, not on top.**
5. **Add another dash or 3 of salt to the pan.**
6. **Place pan in oven.**
   Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently. In a roaster, the food is placed directly in the pan that comes with it.

Cook Temperature: 350 degrees

Cook Time:

Oven: 2 to 2.5 hours

Roaster: Check the booklet that comes with it. Cook time is based on roast weight and temperature. May be as low as one hour.

Another note: If you add vegetables in the same pan, it may take longer to cook.

Servings: Depends on post cooked weight, should be 4 or more servings.

Storage Solutions: Individual square containers, with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Stuffed Roast

Stuffed roast is a unique specialty. Spices, onions, sauces, and mushrooms are used for stuffing ingredients. Stuffing cooks the meat faster, adds flavor, and moisture. When it is completely done, the stuffed sections fall away from each other, landing on the vegetables in the pan. Stuffed roast reminds me of life, full of simple little things we may forget are there, yet they make all the difference. It can turn into a plain meal, or day, into a tasty feast for a family. A great way to celebrate any accomplishment in our busy lives. Be aware of allergies to spices or onions.

Pre Cook Preparation:

- Marinate: 1 to 2 hours in the fridge:
  - Honey and garlic sauce, or
    - Barbecue sauce
- A. Timer set to thaw meat for about 4 hours
- B. Timer set for preparation time set for 25 minutes before you plan to put the food in the oven
- C. Timer set for 2 hours later, when meal should be ready to eat

Meal Adaptations:

- Physical Accommodations:
  - Long oven mitts and oven rack puller
  - Electric knives to slice the meat. Some stores will slice it for you before you take it home
  - Cut meat into bite sized before sitting down. Frozen or canned vegetables can be used

- Visual Accommodations:
  - Roast can be sliced either in the pan, or on a plate, whichever reduces the mess
  - Use colored chopping boards

- Potential Food Allergy or Intolerance:
  - Butter (lactose)
  - Beef
  - Mushrooms
  - Mushroom Soup (gluten)
  - Onions
  - Pepper
  - Spices

Meatless Preparation Avoid:
Beef
Butter
Substitute with: _____

Utensils:
Carving knife
Fork
Pot holders
Steak knife
Pan: Glass or ceramic oven safe dish with a lid, as large as the meat.

Ingredients:

Meat: A 5 pound package of:
Bottom round roast
Chuck bone pot roast
Chuck pot roast
Eye round roast
Rib roast
Ribeye roast
Round tip roast
Shoulder pot roast
Sirloin tip center roast
Tenderloin roast, or
Tri tip roast

Vegetables: Choose 2 or 3 of:
15 ounces of carrots
15 ounces of celery
15 ounces of green beans
15 ounces of mushrooms
15 ounces of onions
15 ounces of potatoes

Other ingredients:
1 tablespoon of butter
1 can of mushroom soup (gluten free)
Dash of salt
Spices to taste

Preparation Time: 25 minutes

Preparation:

1. **Slice:**
   - **Carrots**
   - **Celery**
   - **Green beans**
   - **Mushrooms**
   - **Onions**
   - **Potatoes**
2. **Place meat in pan.**
   - **It will shrink when cooked. However, to verify it cooks evenly, use a pan as large as the meat is to begin with. Take a knife and punch holes periodically in the meat.**
3. **Add pieces of chopped onions and mushrooms into the holes.**
4. **Cover with a can of mushroom soup.**
5. **Add enough water to cover the bottom of the pan, not enough to cover the steaks.**
6. **Add vegetables around the meat, not on top.**
7. **Add a dash or 3 of salt to the pan.**
8. **Place pan in oven.**
   - **Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently. In a roaster, the food is placed directly in the pan that comes with it.**

Cook Temperature: 350 degrees

Cook Time:

- **Oven: 2 to 2.5 hours**
- **Roaster: Check the booklet that comes with it. Cook time varies based on roast weight and temperature. May be as low as one hour.**
- **Another note: If you add vegetables in the same pan, it may take longer to cook.**

Servings: Depending on post cooked weight, it should make 4 or more

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 5 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Mushroom Smothered Steak

Mushrooms have become one of my favorite foods. I could probably eat a quarter cup every day. They are also healthy. Mushroom smoothed steak can be made with either mushroom soup, or gluten free gravy on top. Additional sides include a plate of noodles with peas and carrots. A bit messy, and gluteny. This meal is a quick comfort food and could possibly be cooked in an aluminum pan on a grill, if necessary. A caution about mushrooms: Be sure you know where they came from and they are safe to eat. Most yard mushrooms are not safe to eat.

Pre Cook Preparation:
- Marinate: 1 to 2 hours
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:
- Long oven mitts and oven rack puller
- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used

Visual Accommodations:
- Use colored chopping boards

Potential Food Allergy or Intolerance:
- Beef
- Butter (lactose)
- Mushrooms
- Pepper
- Spices

Meatless Preparation Avoid:
- Beef
- Butter
- Substitute with: _____

Utensils:
- Fork
- Pot holders
- Steak knife
- Pan: Glass or ceramic oven safe dish with a lid, as large as the meat.

Ingredients:

Meat: Choose a 2 pound package of:
- Bottom round steak
- Chuck steak
- Chuck eye steak
- Eye round steak
- Porterhouse steak
- Rib steak
- Round tip steak
- Shoulder top blade steak
- T bone steak
- Top loin steak
- Top sirloin steak
- Top round steak, or
- Tri tip steak

Vegetables: Choose 2 or 3 of:
- 15 ounces of carrots
- 1/4 cup of mushrooms
- 1/4 cup of onions
- 15 ounces of peas
- 15 ounces of potatoes (mashed or instant)

Other ingredients:
- 1 packet of beef gravy (gluten free)
- 1 tablespoon of butter
- 1 can of mushroom soup (gluten free)
- Dash of salt
- Spices such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Slice onions and mushrooms.
2. Place meat in pan.
   It will shrink when cooked, however, to verify it cooks evenly, use a pan as large as the meat is to begin with.
3. Add a dash or two of salt to the steaks.
4. Place sliced onions, and mushrooms randomly on the steaks.
5. Gently pour the can of mushroom soup over the steaks.

6. Place pan in oven.
   Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently.
7. About 30 minutes later, add vegetables to cook on the stove top.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: Each steak should make 2 to 3 servings

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.
1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 1:25.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Beef Stew

Growing up, I didn't like beef stew. Beef stew of childhood was mostly tomatoes, which make my mouth bleed. I don't use them. I also don't use beef stew chunks, as they have to be sliced four to five times to be bite sized. Cubed beef makes a delicious beef stew. It can be cut easily when still mostly frozen. This is a play with dish. It doesn't turn out the same twice. A thick, gluten free beef gravy is a delicious part of this dish I thought I might have to give up when I began eating gluten free.

Pre Cook Preparation:

Marinate: Not for beef stew, unless you chop early and use gluten free beef gravy

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Meat can be prepared in a food chopper

Visual Accommodations:

Use colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Gravy packet or can (gluten)

Mushrooms

Pepper

Spices

Meatless Preparation Avoid:

Beef

Butter

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Pot holders
- Steak knife
- Pan: 2.5 quart Glass or ceramic oven safe dish with a lid

Ingredients:

Meat:

- A 2 pound package of: cubed steak
  - I have found the beef stew cuts too chewy and large.

Vegetables: Choose 2 or 3 of:

- 15 ounces of carrots
- 15 ounces of green beans
- 15 ounces of potatoes
  - Optional:
    - 1/4 cup of mushrooms
    - 1/4 cup of onions

Other ingredients:

- 1 tablespoon of butter
- 1 beef gravy pack (gluten free)
- Dash of salt
- Spices such as pepper to taste

Preparation time: 20 minutes

Preparation:

1. Chop:
   Carrots
   Green beans
   Onions
   Potatoes
2. Chop cubed beef into bite sized pieces.
3. Place meat in pan.
   It will shrink when cooked, however, to verify it cooks evenly, use a pan as large as the meat is to begin with.
4. Add:
   A dash of salt
   Carrots
   Green beans
   Onions
   Potatoes
5. Add enough water to cover the bottom of the pan, not enough to cover the steaks.
6. Add a gluten free beef gravy pack and stir lightly with a wooden spoon.
7. Place pan in oven.
   Note: Oven time and temperature may vary based on your location and the age of the oven. Also, gas and electric work very differently.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 6 to 8

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Beef Stir Fry

Beef stir fry can be a lot of fun. A tablespoon of oil will give you some vital fats not in the meat or vegetables. It's generally a summer meal when you need a quick, light, and nutrient dense meal. A great way to use pieces of leftover vegetables that aren't even enough for a serving by themselves. Never the same twice with peas, carrots, and beans of all sorts, or even squash fresh from the garden. Caramelized onions and mushrooms are the base for this dish.

Pre Cook Preparation:
- Marinate: 1 to 2 hours in the fridge
  - Honey and garlic sauce, or
    - Barbecue sauce
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal as it is cooked

Meal Adaptations:
- Physical Accommodations:
  - Cut meat into bite sized pieces before sitting down
  - Frozen or canned vegetables can be used
- Visual Accommodations:
  - Use colored chopping boards
- Potential Food Allergy or Intolerance:
  - Beef
  - Butter (lactose)
  - Mushrooms
  - Onions
  - Pepper
  - Spices
- Meatless Preparation Avoid:
  - Beef
  - Butter
  - Substitute with: _____

Utensils:
- Chopping board
- Fork
- Pot holders
- Steak knife
- Wooden spoon
- Pan: 8 inch, large, frying pan

Ingredients:

Meat: Choose 2 pounds of:
- Cubed steak
- Fajita strips
- Ground beef
- Skirt steak, or
- Stew beef

Vegetables: Choose 2 or 3 of:
- 1/4 cup of broccoli
- 1/4 cup of carrots
- 1/4 cup of corn
- 1/4 cup of green beans
- 1/4 cup of mushrooms
- 1/4 cup of onions
- 1/4 cup of peas

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices such as pepper to taste

Preparation time: 15 minutes

Preparation:
1. Chop 1/8 to 1/4 cup of each vegetable:
   - Broccoli
   - Carrots
   - Corn
   - Green beans
   - Mushrooms
   - Onions
   - Peas

2. Chop meat into bite sized pieces.
3. Add enough vegetable or canola oil to the frying pan to cover the bottom.
4. With a wooden spoon, stir in ingredients over medium heat.
5. Reduce heat as meal simmers, stirring frequently.

Cook Temperature: Medium heat

Cook Time: 15 to 20 minutes

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Burger Dishes (Beef or Turkey)

Burger dishes can be made with either turkey or beef burger. Each have their advantages and disadvantages.

Beef burger generally has enough oil to fry on its own without burning. It is considered less heart healthy, though it has a healthier taste.

Scrambled turkey burger may require additional vegetable oil to prevent burning. Generally, only lightly coat the bottom of the pan. Turkey burger is considered healthier. A little extra spice, or onions and mushrooms, will improve the flavor of any turkey burger that is packed with excess water.

Burger dishes can be easily enhanced by frying sliced, or diced, onions and mushrooms together with the meat. Onions and mushrooms can be fried separately and added to the plates of those who can eat them. Some sauces, such as tomato sauce, can be fried with the meat, as well.

For meatballs, follow the meatloaf recipe and portion into spoon sized balls onto an oven safe baking sheet. Bake until thoroughly done. About 20 to 30 minutes at 350 degrees depending on size of the meatballs.

Beef and Chicken Chili

Chicken chili has become a standard for me. It's similar to the chili I ate daily in college. That chili kept me going strong when weakness and exhaustion threatened to take over my life. It's an easy meal to make, with lots of leftovers to be eaten throughout the week, or frozen for days when you don't feel like cooking. Insulated soup containers make it easy to transport for a warm lunch or dinner. With or without cornbread, it is a filling meal that can be adjusted by adding various vegetables. Gluten free cornbread is covered in the bread section.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 10 minutes before you plan to start opening cans
C. Stay with the meal, stirring every 10 minutes

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Use contrasting wooden spoons

Potential Food Allergy or Intolerance:

Beef
Chicken
Mushrooms
Pepper
Spices
Tomatoes
Turkey

Meatless Preparation Avoid:

Beef
Chicken
Turkey
Substitute with: _____

Utensils:
- Can opener
- Pot holders
- Wooden spoon
- Pan: 10 quart (spaghetti double boiler pan)

Ingredients:

Meat: 2 pounds of:
- Beef burger, or
- Turkey burger
- 10 ounce can of chicken (roughly one breast chopped up)

Vegetables:
- 2 (15 ounce) cans dark red kidney beans
- 2 (15 ounce) cans light red kidney beans
- 4 ounces of mushrooms
- 1/4 cup chopped onions
- 2 (15 ounce) cans great northern beans
- 2 (15 ounce) cans pinto beans
- 1 (4 ounce) can mushrooms
- 2 tablespoons tomato juice

Other ingredients:
- Dash of salt
- Spices such as pepper, to taste

Preparation time: 10 minutes

Preparation:

Vegetables:

1. Open cans of vegetables:
   - 2 (15 ounce) cans dark red kidney beans
   - 2 (15 ounce) cans light red kidney beans
   - 4 ounces of mushrooms
   - 1/4 cup chopped onions
   - 2 (15 ounce) cans great northern beans
   - 2 (15 ounce) cans pinto beans
   - 1 (4 ounce) can mushrooms
   - 2 tablespoons tomato juice

Meat:

1. In 10 quart pan, fry burger on medium heat.
2. Stir frequently, until done.
3. Drain excess grease off as needed.
   Turkey burger may need vegetable oil to fry without burning.

Combine:

1. Add:
   10 ounce can of chicken
   2 (15 ounce) cans dark red kidney beans
   2 (15 ounce) cans light red kidney beans
   4 ounces of mushrooms
   1/4 cup chopped onions
   2 (15 ounce) cans great northern beans
   2 (15 ounce) cans pinto beans
   1 (4 ounce) can mushrooms
   2 tablespoons tomato juice
   Dash of salt
   Spices, such as pepper, to taste
2. Allow mixture to reach a boil.
3. Stir and then turn down.
4. Continuing to stir frequently, at least every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 8 to 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 3 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Chili - Tomato

Another food I had no use for as child. Most versions I met were almost entirely tomato with very little meat or bean. I make ten can chili exclusively for my husband, as he likes the tomato based version. Ten can chili makes enough to last for days. An excellent hot food container meal to take when eating away from home. Spices will need to be adjusted to personal preference and taste. Hubby adds a chili spice while cooking and then hot sauce to each bowlful. I make a smaller, different type of chili for me called chili bean and chicken.

Pre Cook Preparation:
- Marinate: No
- A. Timer set to thaw meat for about 2 hours
- B. Timer set for preparation time set for 10 minutes before you plan to start opening cans
- C. Stay with the meal, stirring every 10 minutes

Meal Adaptations:

Physical Accommodations:
- Frozen or canned vegetables can be used
- Sit on a stool while stirring

Visual Accommodations:
- A contrasting wooden spoon

Potential Food Allergy or Intolerance:
- Beef
- Pepper
- Spices
- Tomatoes

Meatless Preparation Avoid:
- Beef
- Substitute with: _____

Utensils:
- Can opener
- Pot holders
- Wooden spoon
- Pan: 10 quart (spaghetti double boiler pan)

Ingredients:

Meat: Choose 2 pounds of:
Beef burger, or
Turkey burger

Vegetables:
2 (15 ounce) cans dark red kidney beans
2 (15 ounce) cans light red kidney beans
4 ounces of mushrooms
1/2 cup of chopped onions
2 (15 ounce) cans great northern beans
2 (15 ounce) cans pinto beans
1 (15 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 (46 ounce) can tomato juice

Other ingredients:
Dash of salt
Spices such as pepper, to taste
Optional:
1/3 cup of chili powder

Preparation time: 10 minutes

Preparation:
Vegetables:
1. Open cans:
2 (15 ounce) cans dark red kidney beans
2 (15 ounce) cans light red kidney beans
4 ounces of mushrooms
1/2 cup of chopped onions
2 (15 ounce) cans great northern beans
2 (15 ounce) cans pinto beans
1 (15 ounce) can diced tomatoes
1 (15 ounce) can tomato sauce
1 (46 ounce) can tomato juice

Meat:

1. Fry burger on medium heat in 10 quart pan.
2. Stir frequently, until done.
3. Drain excess grease off as needed.
   Turkey burger may need vegetable oil to fry without burning.

Combine:

1. Add to burger meat:
   2 (15 ounce) cans dark red kidney beans
   2 (15 ounce) cans light red kidney beans
   4 ounces of mushrooms
   1/2 cup of chopped onions
   2 (15 ounce) cans great northern beans
   2 (15 ounce) cans pinto beans
   1 (15 ounce) can diced tomatoes
   1 (15 ounce) can tomato sauce
   1 (46 ounce) can tomato juice
   Dash of salt
   Spices such as pepper to taste
      Optional:
         1/3 cup of chili powder
2. Allow mixture to reach a boil.
3. Stir, and turn heat down.
4. Continuing to stir frequently, at least every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 8 to 10

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 3 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in sauce pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Baked Hamburgers

Hamburgers, the summer staple food. The smell of grilling hamburgers will set any stomach to rumbling, even if it was just filled. Some recipes call for grains (bread) to help hold the meat together and stretch the ingredients. My recipes don't. A quick an easy food related to meatloaf and meatballs. If you can make one, you can make the other. They just take different cooking times. Drain pans can be used with beef burger, if needed. They aren't necessary with turkey burger, as turkey burger has almost no grease. Save the burger grease for gravy, recipe in grain section.

Pre Cook Preparation:

Marinate: Optional, in barbecue sauce

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for when meal should be ready to eat, based on cooking method

Meal Adaptations:

Physical Accommodations:

Long oven mitts and oven rack puller
Frozen or canned vegetables can be used
Sit on a stool while stirring vegetables

Visual Accommodations:

Contrasting mixing bowls

Potential Food Allergy or Intolerance:

Bacon Bits
Beef
Breads (gluten)
Eggs
Ketchup
Mayonnaise
Mushrooms
Mustard
Onions
Pepper
Potatoes
Sausage

Spices
Squash
Turkey

Meatless Preparation Avoid:
Bacon bits
Beef
Sausage
Turkey
Substitute with: _____

Utensils:
Large mixing bowl
Wooden spoon
Pan: Large glass rectangle baking pan

Ingredients:

Meat: Choose 2 pounds of:
Beef burger or
Turkey burger
1 to 2 eggs
Optional:
1/8 cup of bacon bits
1/2 pound of sausage

Vegetables:
15 ounces of baked beans
15 ounces of corn
1/4 cup of onions
15 ounces of potatoes
15 ounces of squash
Optional:
4 ounces of mushrooms

Other ingredients:
Dash of salt
Spices such as pepper, to taste

Preparation time: 15 minutes
30 minutes if making fries

Preparation:

- **Vegetables:**
  1. **Slice:**
     - **1/4 cup of onions**
     - **15 ounces of potatoes**
     - **15 ounces of squash**
  2. **Place vegetables in oven safe pans:**
     - **15 ounces of baked beans**
     - **15 ounces of corn**
     - **15 ounces of potatoes**
     - **15 ounces of squash**
  3. **Place in oven on 350 degrees for 1 hour.**

- **Hamburgers:**
  1. **Mix burger with:**
     - **2 to 3 eggs**
     - **Dash of salt**
       - **Optional:**
         - **1/8 cup of bacon bits**
         - **4 ounces of mushrooms**
         - **1/4 cup of onions**
         - **1/2 pound of sausage**
  2. **Place burgers in oven safe pan.**
  3. **Place pan in oven at 350 degrees for 30 minutes.**

Cook Temperature: 350 degrees for oven

Cook Time: 20 to 30 minutes in oven

Servings: 6 to 8 burgers

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Grilled Hamburgers

Hamburgers on the grill, often beside steak, chicken, and hot dogs. Turkey or beef burgers grill equally well. If enough food is grilled at one time, it will fill the fridge with meals for a week. Most vegetables can be grilled easily in a grill safe aluminum pan or a foil packet. Baked beans, squash, and green beans are the easiest grill vegetables. Corn on the cob isn't as easy because it takes longer than the meat to cook. Sometimes, foil packets are placed directly on the coals. However, they can catch fire as grease, butter, or water drip out.

Pre Cook Preparation:

Marinate: Optional, in barbecue sauce

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for when meal should be ready to eat, based on cooking method

Meal Adaptations:

Physical Accommodations:

Long oven mitts
Frozen or canned vegetables can be used
Sit on a stool while preparing food

Visual Accommodations:

Contrasting colors and textures for pans and grill setup

Potential Food Allergy or Intolerance:

Bacon Bits
Beef
Breads (gluten)
Eggs
Ketchup
Mayonnaise
Mushrooms
Mustard
Pepper
Spices
Sausage
Turkey
Onions

Meatless Preparation Avoid:
- Bacon bits
- Beef
- Sausage
- Turkey
- Substitute with: _____

Utensils:
- Mixing bowl
- Wooden spoon
- Pan:
  - Aluminum foil with holes, or
  - * Aluminum foil packets
    - * To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat: Choose 2 pounds of:
- Beef burger, or
  - Turkey burger
- 1 to 2 eggs
  - Optional:
    - 1/8 cup of bacon bits
    - 1/2 pounds of sausage

Vegetables:
- 15 ounces of corn
- 15 ounces of baked beans
- 1/4 cup of onions
- 15 ounces of potatoes
- 15 ounces of squash
  - Optional:
    - 4 ounces of mushrooms

Other ingredients:
Dash of salt
Spices such as pepper, to taste

Preparation time: 15 minutes. 30 minutes if making fries.

Preparation:

Vegetables:
1. Slice:
   1/4 cup of onions
   15 ounces of potatoes
   15 ounces of squash
2. Place vegetables in oven safe pans: *
   15 ounces of baked beans
   15 ounces of corn
   15 ounces of potatoes
   15 ounces of squash
3. Place in oven on 350 degrees for 1 hour.
   * For the grill, place each vegetable individually in aluminum foil packets.

Hamburgers:
1. Mix burger with:
   2 to 3 eggs
   Dash of salt
      Optional:
         1/8 cup of bacon bits
         4 ounces of mushrooms
         1/4 cup of onions
         1/2 pound of sausage
2. Place burgers in grill safe aluminum foil pan.

Cook Temperature: 350 degrees for oven

Cook Time:
Oven: 20 minutes
Grill: Until done

Servings: 6 to 8 burgers

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Shepherd's Pie

Hubby had never heard of shepherd's pie. His family had several recipes for it in the recipe box. Hubby also says I make it different than any he's had in a restaurant. Hard to imagine, as it's one main dish with a few minor variants. The only thing I can think restaurants do differently is perhaps put it in a shell like a pot pie. A perfect dish for busy, low energy days. This is another place it in the oven, and let it cook without having to worry about stirring dish. Use gluten free mushroom soup for the thickener.

Pre Cook Preparation:
- Marinate: No
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:
- Long oven mitts
- Oven rack puller
- Frozen or canned vegetables can be used

Visual Accommodations:
- Colored chopping boards
- Contrasting colored wooden spoon

Potential Food Allergy or Intolerance:
- Beef
- Chicken
- Mushrooms
- Pepper
- Potatoes
- Sausage
- Spices
- Turkey

Meatless Preparation Avoid:
- Beef
- Sausage
- Turkey
- Substitute with: _____

Utensils:

- Can opener
- Wooden spoon
- Pan: 1 1/2 quart oblong with lid

Ingredients:

- Meat: Choose 2 pounds of:
  - Ground beef, or
  - Ground turkey
  - Optional:
    - 1/4 pound ground or crumbled sausage

- Vegetables: Choose 2 of the following:
  - 7.5 ounces of carrots
  - 7.5 ounces of corn
  - 7.5 ounces of green beans
  - 4 ounces of mushrooms
  - 1/4 cup of onions
  - 7.5 ounces of peas
  - 15 ounces of potatoes (diced, instant, or mashed)

- Other ingredients:
  - Dash of salt
  - Spices such as pepper, to taste
  - Optional:
    - Dash of ginger

Preparation time: 10 minutes

Preparation:

- Meat:
  1. Place 2 pounds of burger in the oven safe pan.
  2. Add 1 pound of sausage if desired
  3. Heat it in the oven on 350 degrees until browned (about 20 minutes).

Vegetables (Choose 2):

1. Open cans of vegetables:
   7.5 ounces of carrots
   7.5 ounces of corn
   7.5 ounces of green beans
   4 ounces of mushrooms
   1/4 cup of onions
   7.5 ounces of peas

Combine:

1. Bring the pan out of the oven and break up the burger.
2. Add 2 vegetables to the top:
   7.5 ounces of carrots
   7.5 ounces of corn
   7.5 ounces of green beans
   4 ounces of mushrooms
   1/4 cup of onions
   7.5 ounces of peas
3. Add:
   Dash of salt
   Spices such as pepper, to taste
4. Stir well.
5. Heap 15 ounces of real mashed potatoes, or potato flakes, on top.
6. And add a little water.
7. Optionally add a dash of ginger across the top of the potatoes.
8. Return pan to the oven for 1 hour cook time.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 6 to 8

Storage Solutions: Square containers in individual servings

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 3 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Sloppy Joes

I don't remember learning to make this comfort food. Even without bread, this is a good dish with a few delicious side vegetables. Store bought gluten free bread is also perfect with this dish. This is a to taste and texture dishes. You might not want to make it if you're sick because it may end up too spicy for anyone else to eat. This is the perfect food for sore mouth, or missing teeth days. Several different types of barbecue sauce can be used, such as honey, brown sugar, hickory, smoke, and spicy. Never the same twice.

Pre Cook Preparation:

Marinate: While cooking

A. Timer set to thaw meat for about 2 hours
B. Timer set for preparation time set for 10 minutes before you plan to begin cooking
C. Stay with meal to stir

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards
Contrasting wooden spoons

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, food dyes)
Beef
Brown Sugar (diabetics)
Ketchup
Mushrooms
Pepper
Potatoes
Spices
Turkey

Meatless Preparation Avoid:

Beef
Turkey
Substitute with: _____

Utensils:

- Can opener
- Wooden spoon
- Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:

- Beef burger, or
- Turkey burger

Vegetables:

- 15 ounces of carrots
- 15 ounces of peas
- 15 ounces of potatoes (instant or mashed)
- Optional:
  - 1/4 cup of onions

Other ingredients:

- 1/2 bottle of barbecue sauce (varies based on taste)
- 2 cups of brown sugar (varies based on taste)
- 1/2 bottle of ketchup (varies based on taste)
- Dash of salt
- Spices such as pepper to taste
- 1 cup water

Preparation time: 10 minutes

Preparation:

Vegetables:

1. Open vegetables:
   - 15 ounces of carrots
   - 15 ounces of peas
2. Place each in sauce pans and cook on medium heat.
3. Heat a sauce pan with 2 cups of water to prepare 15 ounces of potatoes (instant or mashed).

Meat:

1. **Brown the 2 pounds of burger on medium heat.**
2. **Drain, if needed.**
3. **Add 1/2 cup of water.**
4. **Turn temp 1/4 turn lower.**
5. **Add:**
   - **1/2 cup of barbecue sauce**
   - **1/2 cup of brown sugar**
   - **1/2 cup of ketchup**
   - **Dash of salt,**
   - **Spices such as pepper, to taste**
     - **Optional:**
       - **1/4 cup of onions**
6. **Stir, test by taste.**
7. **Add more ketchup or barbecue sauce as needed.**
8. **Keep at a low simmer until most of the juice boils off.**

Cook Temperature: Medium to low heat

Cook Time: 25 to 30 minutes

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Ground Beef Stir Fry

There may not be time enough to thaw and cook a full meal. Or bits and pieces of leftovers in the fridge taunt with memories of yesterday's delicious meals. The food that is in there, like chili, may belong to someone else. This is when fun food adventure can begin. With a little burger meat and a variety of vegetables, a perfect dish, with no leftovers, can be created in 20 minutes or so. While I've made several types of beef stir fry, I doubt any two have turned out the same. That's a good thing! This dish does require vegetable oil.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with the meal, stirring frequently

Meal Adaptations:

Physical Accommodations:

Cook at a lower temperature

Frozen or canned vegetables can be used

Sit on a stool while stirring

Sliding the pan can work in place of stirring some of the time

Visual Accommodations:

Colored chopping boards

Contrasting color wooden spoon

Potential Food Allergy or Intolerance:

Beef

Chicken

Mushrooms

Onions

Pepper

Spices

Soy Sauce (commonly contains gluten)

Turkey

Meatless Preparation Avoid:

Beef

Chicken

Turkey

Substitute with: _____

Utensils:
- Can opener
- Wooden spoon
- Pan: 8 inch frying pan

Ingredients:

Meat: Choose 2 pounds of:
- Beef burger, or
- Turkey burger

Vegetables:
- 1/4 cup of broccoli
- 1/4 cup of carrots
- 1/4 cup of onions
- 1/4 cup of peas

Other ingredients:
- 2 tablespoons of cooking oil
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

Vegetables:
1. Chop:
   - 1/4 cup of broccoli
   - 1/4 cup of carrots
   - 1/4 cup of onions
2. Prepare 1/4 cup of peas

Meat:
1. Fry 2 pounds of burger meat until done on medium heat. Turkey burger may need vegetable oil to fry without burning.

Combine:
1. Add to meat pan:
   - 1/4 cup of broccoli
   - 1/4 cup of carrots
   - 1/4 cup of onions

1/4 cup of peas
Dash of salt
Spices, such as pepper, to taste

2. Bring to boil at medium heat.
3. Reduce to simmer.
4. Stir frequently, at least every 10 minutes.

Cook Temperature: Medium to low heat

Cook Time: 20 to 30 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Stir frequently while food heats, until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Vegetable Beef Soup

For me, it's difficult to imagine vegetable beef soup tasting wrong. And yet what comes out of can is often wrong for some reason. Canned soups seem to rely on tomatoes, which can make the soup more acidic than necessary. Either beef or turkey burger can be used. Vegetables beef soup uses up leftover bits of vegetables, or brings life back formerly wilted fresh produce. Allow to simmer for part of the day. Filling the icy winter chill with the aroma of good food, combining healing properties. Pick your favorite vegetables, and enjoy the warmth they create in your life!

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Contrasting color handled knives

Potential Food Allergy or Intolerance:

Beef

Chicken

Gravy packet or can (may contain gluten)

Mushrooms

Onions

Pepper

Potatoes

Spices

Tomatoes

Turkey

Meatless Preparation Avoid:

Beef

Chicken

Turkey

Substitute with: _____

Utensils:
- Can Opener
- Pot holders
- Wooden Spoon
- Pan: 8 or 10 quart pan

Ingredients:

Meat: Choose 2 pounds of:
- Beef burger
- Turkey burger
- Optional:
- 10 ounces of chicken

Vegetables:
- 7.5 ounces of corn
- 7.5 ounces of green beans
- 7.5 ounces of peas
- 7.5 ounces of potatoes (diced or sliced)
- Optional:
- 4 ounces of mushrooms
- 1/4 cup of onions
- 7.5 ounces of squash
- 2 tablespoons of tomato juice or paste

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste
- Optional:
- Beef gravy packet (gluten free), or
- Beef broth (gluten free)

Preparation time: 10 minutes

Preparation:

Vegetables:

1. **Open cans, or slice fresh vegetables:**
   - **7.5 ounces of corn**
   - **7.5 ounces of green beans**
   - **7.5 ounces of peas**
   - **7.5 ounces of potatoes (diced or sliced)**
   - **Optional:**
     - **4 ounces of mushrooms**
     - **1/4 cup of onions**
     - **7.5 ounces of squash**
     - **2 tablespoons of tomato juice or paste**

Meat:

1. **Brown the 2 pounds of burger meat in the 8 to 10 quart pan on medium heat.**
   Turkey burger may need vegetable oil to fry without burning.

Combine:

1. **Add to 2 pounds of cooked burger**
   - **7.5 ounces of corn**
   - **7.5 ounces of green beans**
   - **7.5 ounces of peas**
   - **7.5 ounces of potatoes (diced or sliced)**
   - **Dash of salt**
   - **Spices, such as pepper, to taste**
   - **Optional:**
     - **Beef gravy packet (gluten free), or**
       Beef broth (gluten free)
     - **10 ounces of chicken**
     - **4 ounces of mushrooms**
     - **1/4 cup of onions**
     - **7.5 ounces of squash**
     - **2 tablespoons of tomato juice or paste**
2. **Heat to a light boil while stirring.**
3. **Turn down from medium heat to low heat.**
4. **Allow to simmer for about an hour, stirring every 10 minutes.**

Cook Temperature: Medium to low

Cook Time: 1.5 hours

Servings: 8 to 10

Storage Solutions: Square containers in individual servings
- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.
1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 3 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.
1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.
1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Stir frequently while food heats, until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Chicken

People used to raise chickens for eggs and meat. This led to eating the chickens that could no longer could lay eggs. The meat might be tougher, one reason there are so many traditional chicken stew and soup recipes.

Even in a subdivision lot, there is plenty of room to raise four or five chickens for pest control. In some cities, there are limits on how many chickens per amount of land. In others, chickens are not allowed. When choosing to add chickens to your yard, consider the pesticides you use, and the pesticides on the other side of the fence. Pesticide covered bugs may jump the fence and be eaten by the chickens. That pesticide is carried in their bodies and passed into their eggs and meat.

Chickens that have not been fed antibiotics will cost more, appear smaller, and their meat will taste different. Store bought chicken may have a gluten based juice in the package.

Whole Chicken

Baking a whole chicken is much like baking a turkey on a smaller scale. There are two primary ways to bake a whole chicken. Cooking time is reduced if a whole chicken is chopped up precooking. For this recipe, chicken will be treated as a miniature turkey. Undercooked chicken can harbor dangerous bacteria. Use a meat thermometer, or meat falling off the bones, to indicate doneness. Cooking time for a whole chicken is based on weight, and the oven. Plan a minimum of 2 hours for a regular oven. Check the time and weight guide for the table top oven.

Pre Cook Preparation:

Marinate: Optional with gluten free chicken gravy

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 2 hours later, (or based on weight and time need to cook) when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)
Chicken
Gravy (gluten)
Mushrooms
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:

Butter
Chicken
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: Table top oven

Ingredients:

Meat:
- 3 to 5 pound whole chicken

Vegetables:
- Corn on the cob
- 15 ounces of potatoes (mashed)

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Verify internal part of chicken is clean and clear of ice and gizzards.
2. Place 3 to 5 pound chicken on rack in table top oven.
3. Add about an inch of water to boil safely for an hour.
4. Turn to 350 degrees.

Cook Temperature: 350 degrees (verify with booklet)

Cook Time: 13 to 17 minutes per pound (verify with booklet)

Servings: 4 to 6

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Chicken Casserole

Chicken casserole is a good leftovers dish. It can be made with a variety of vegetables as the base and with or without mushroom soup. There is also the option of adding gluten free biscuits to the casserole for additional texture in the old fashioned chicken and dumplings style. Chicken casserole can be made with canned chicken, frozen chicken, or a combination of diced chicken and turkey. Depending on the size pan used, it may take longer to cook. This casserole freezes well for future meals, especially summer meals when it is too hot to cook. A delightful treat.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Butter (lactose)
- Chicken
- Mushrooms
- Cream of Mushroom Soup (gluten)
- Onions
- Pepper
- Potatoes
- Spices

Meatless Preparation Avoid:

- Butter
- Chicken
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe pan with lid

Ingredients:

Meat:
- 2 cups of chopped chicken

Vegetables:
- 15 ounces of peas
- 15 ounces of carrots
- 3/4 cup of instant mashed potatoes

Other ingredients:
- 2 tablespoons of butter
- Cream of mushroom soup (gluten free)
- 1 teaspoon of salt
- Spices, such as pepper, to taste

Preparation time: 15 minutes

Preparation:
1. Chop chicken.
2. Add to 2.5 quart oven safe pan:
   - 2 tablespoons of butter
   - 15 ounces of carrots
   - 2 cups of chopped chicken
   - 1 can of cream of mushroom soup
   - 5 ounces of peas
   - Spices such as pepper to taste
   - 3/4 cup of instant mashed potatoes
   - 1 teaspoon of salt
3. Place covered pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 8

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2.5 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Baked Chicken Thighs and Vegetables

Chicken thighs, like the legs, are dark meat. They have more moisture naturally, and are easier to cut and eat than chicken legs. Sometimes, packages include legs and thighs. These can be great, as well. They are delicious whether barbecued, grilled, or smothered in mushroom sauce. Thighs cut easily after being cooked. They are a perfect meat to cook in water and chop to use on noodle recipes. Like other forms of chicken, under cooking can be dangerous, due to microorganisms. Over cooking can make it tougher. Using a meat thermometer will check for the perfect safe done time.

Precook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, tomatoes)
Butter (lactose)
Chicken
Pepper
Potatoes
Spices
Turkey

Meatless Preparation Avoid:

Butter
Chicken
Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:

- 8 chicken thighs

Vegetables:

- 15 ounces of corn
- 15 ounces of peas
- 15 ounces of potatoes (mashed)

Other ingredients:

- 1/4 cup of barbecue sauce (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chicken thighs in 1.5 quart oven safe pan.
2. Add enough water to cover the bottom of the pan well.
3. Drop about a tablespoon of barbecue sauce on each thigh.
4. Add a dash of salt across the pan.
5. Cover the pan and place in the oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 thighs per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Barbecued Chicken Legs and Vegetables

Chicken legs and vegetables are an easy, messy meal. Napkins will be needed. Chicken legs are dark meat, with specific proteins and vitamins not as easily available in the light meat. Once a common picnic food. Washing the grease off fingers is very difficult, even with a sink, soap, and water. Also, chicken is not recommended as picnic food, due to the potential for food poisoning. Earlier generations rarely had a problem, and they didn't have refrigeration. However, they also had higher levels of natural beneficial digestive bacteria. Don't take chances with food safety. Safely enjoy baked chicken at home.

Pre Cook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, tomatoes)
Butter (lactose)
Chicken
Mushrooms
Pepper
Potatoes
Spices

Meatless Preparation Avoid:

Butter
Chicken
Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:

- 4 to 6 chicken legs

Vegetables:

- 15 ounces of corn
- 15 ounces of green beans
- 15 ounces of peas

Other ingredients:

- 3 tablespoons of barbecue sauce (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chicken legs in 1.5 quart oven safe pan.
2. Add water to the bottom of the pan.
3. Add a dash of salt across the pan.
4. Drop about a tablespoon of barbecue sauce on each chicken leg.
5. Cover with lid and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 1 chicken leg per person

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Chicken Chili

Chicken chili is sometimes called white chili. There are many styles to fix, and sometimes this style contains little, or no, tomato juice. It commonly contains noodles, as well as chicken, to reinforce the lighter color choice. In some ways, lighter colored chili is more filling in smaller amounts and often has fewer spices. A good gentle chili for people with allergies and who have recently been ill. Sometimes, this style of chili is even served cold in the summer. An easily adjustable recipe, add or subtract ingredients as desired. Gluten free cornbread or crackers also add flavor and texture.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards
Contrasting colored wooden spoon

Potential Food Allergy or Intolerance:

Cheese (lactose)
Chicken
Chili Powder
Mushrooms
Noodles (gluten)
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:
Chicken
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon.
Pan: 8 quart pan with lid

Ingredients:

Meat:
2 pounds of diced chicken

Vegetables:
15 ounces of chili beans
2 (15 ounce) cans of dark red kidney beans
2 (15 ounce) cans of light red kidney beans
2 (15 ounce) cans of great northern beans
Optional:
46 ounces of tomato juice
15 ounces of tomato sauce
2 cups of diced onions
2 cups of shredded cheese
1 package of noodles (gluten free)
Up to 1/2 cup of chili powder

Other ingredients:
1 teaspoon of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Chop chicken into cubes and add to 8 quart pan with lid.
2. Add:
   - 15 ounces of chili beans
   - 30 ounces of dark red kidney beans
   - 30 ounces of light red kidney beans
   - 30 ounces of great northern beans
   - Optional:
     - 46 ounces of tomato juice
     - 15 ounces of tomato sauce
     - 2 cups of diced onions
     - 2 cups of shredded cheese
     - 1 package of gluten free noodles
     - Up to 1/2 cup of chili powder
     - 1 teaspoon of salt
3. Stir frequently until mixture comes to a boil.
4. Lower temperature 1/3.
5. Cover and continue to stir every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 10+

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Chicken Salad

Chicken salad is a common summer dish, and in the gluten community, it is eaten on bread or crackers. It becomes a dish the gluten free household may avoid. It doesn't have to be. Chicken salad can be just as good on gluten free crackers, or even as a scoop beside pickles, chips, and typical summer fare. Other options include gluten free wraps, or using a plain pizza crust as a base. Chicken salad can be made with or without onions and pickles. Boil the eggs the night before and allow it to soak for a few hours before eating.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

A. Set timer to boil eggs for one hour before meal preparation

B. Set timer to one hour while eggs boil

C. Eggs need to cool before shelling

D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Chicken

Crackers

Crumbs (gluten)

Eggs

Mayonnaise

Onion

Pepper

Relish

Spices

Meatless Preparation Avoid:

Chicken

Eggs

Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
- Pan: 2 to 3 quart sauce pan

Ingredients:

Meat:
- 1 cup of chopped chicken,
- 4 boiled eggs.

Vegetables:
- 1/4 cup chopped onion
  - Optional:
    - 6 ounces of peas

Other ingredients:
- 1/4 cup chopped celery
- 1/2 cup of mayonnaise (adjust as needed)
- 2 tablespoons of pickle relish (or diced pickles)
- Dash of salt
- Spices, such as pepper, to taste
- (Commonly includes: garlic powder, lemon pepper)
  - Optional:
    - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:
   - 1/4 cup of celery
   - 1 cup of chicken
   - 4 boiled eggs
   - 1/2 cup of mayonnaise (adjust as needed)
   - 1/4 cup of onions
   - 2 tablespoons of pickles
     - Optional:

6 ounces of peas
Spices, such as pepper, to taste
Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings
Counter safe: 30 minutes and place in the fridge
Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources
Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources

Reheat Instructions:
Allow to warm on plate for 3 to 5 minutes before eating.

Grilled Chicken

Chicken breasts and thighs can be grilled on the indoor tabletop grill. Legs do not grill as easily as thinner slices. It takes a long time to be sure they are done. On an outdoor grill, there is a risk that they may not be fully cooked. However, slightly pink (near the leg bone) grilled chicken can still be safe to eat. Use a meat thermometer to verify grilled chicken is completely cooked. Chicken can be grilled in an open pan, or in packets. Individual packets allow an additional option of individualizing a meal, especially helpful for those with allergies.

Pre Cook Preparation:

Marinate: Yes

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, tomatoes)
Butter (lactose)
Chicken
Italian Dressing (gluten, spices)
Mushrooms
Onions
Pepper
Potatoes
Spices

Meatless Preparation Avoid:
Butter
Chicken
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: ** Grill packet.
** To make the packet, tear off a large piece of foil, place the vegetable on one half, and add a dash of salt and butter. Fold the foil in half. Crimp the side by folding them over two to three times. Do the same with the top. Add holes with a toothpick, or a fork, to let heat in and liquid escape. Potato slices, onions, baked beans, corn, and squash can be cooked this way.

Ingredients:

Meat:
Individual pieces of chicken

Vegetables:
15 ounces of baked beans (see grill recipe)
4 baked potatoes
4 corn on the cob

Other ingredients:
Dash of salt
1 tablespoon of butter
Spices, such as pepper, to taste
Optional: Choose one of the following:
1 tablespoon barbecue sauce
1 tablespoon mushroom sauce
1 tablespoon Italian dressing

Preparation time: 10 minutes

Preparation:

This recipe is going to vary based on individual tastes. Choose only one of the optional ingredients to add flavor to the individual piece of chicken.

1. **Prepare the grill packet.**
2. **Add a piece of chicken to each grill packet.**
3. **Add a dash of salt and piece of butter to each grill packet.**
4. **Add one optional ingredient to each grill packet, if desired.**
5. **Close packet and prepare it for the grill.**

Cook Temperature: Grill

Cook Time: Varies based on grill, about 20 minutes average

Servings: 1 grill packet per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Mushroom Chicken Breasts and Vegetables

Mushrooms add a delightful texture and taste to chicken. Adding mushroom soup and sliced mushrooms add moisture to otherwise dry breast meat. This can be a buried treasure meal. If the chicken is well covered, it might be easier to slice across the pan, and remember to dish out plenty of soupy sauce to cover the chicken on the plate, or in a bowl. In allergy households, the chicken can be baked in plenty of water. For those who can have them, mushrooms and soup can be cooked separately and added on the plate, or in a bowl, after being cooked.

Pre Cook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Chicken

Mushrooms

Mushroom Soup (gluten)

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Chicken

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:

- 4 to 6 chicken breasts

Vegetables:

- 15 ounces of corn
- 15 ounces of green beans
- 4 ounces of mushrooms
- 15 ounces of peas

Other ingredients:

- Mushroom soup (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chicken breasts in 1.5 quart oven safe pan.
2. Cover chicken breasts with sliced mushrooms.
3. Pour a can of mushroom soup across the top.
4. Add a dash of salt across the pan.
5. Cover with lid and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 1 chicken breast per serving

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Pork

Pork includes the bones, muscles, and other parts of a formerly living pig. Once upon a time, people used nearly every part of the pig, though not all for food. The bladder made a good balloon to keep small kids occupied during butchering and initial cooking. The bristles on their body were used in brushes. Bones became tools. Pig hides were used for clothes and canvas. While alive, pigs helped farmers turn the soil.

In some places, people still eat the internal organs, roast the tail, and know how to make headcheese. While uncommon, and mostly seen at historical gatherings today, this knowledge once helped feed, energize, and clothe people.

Scientifically, pig skin and muscle density closely resemble that of a human. Therefore, dead pigs are often a human analog, especially in car accident testing, where the pig carcass may fly through a windshield. Pig carcasses appear in many scientific documentaries to show how falls, weapons, and even sport accidents affect the human body.

There are all kinds of interesting pork dishes that are uncommon and use pork parts many don't generally think of. I'll only share dishes that I enjoy cooking and eating. A good web search will find recipes for more specialized dishes, such as pig's feet or headcheese.

Pork is one meat that must be cooked thoroughly for safety. It often harbors tapeworm and other invisible parasites that can be killed by cooking. Ingesting raw or undercooked pork can be deadly, so be sure it's fully cooked!

Baked Pork Chops

Baked pork chops is a simple staple that can be cooked in a hurry, or dressed up for any occasion. Depending on the thickness of the chops, some may be able to cook in as little as thirty minutes. Better to be safe and healthy than sorry and parasite ridden. Bake pork chops with favorite vegetables for a healthy meal. Pork chops can be bought in large packages, split and frozen, or cook them all at once and freeze in individual, or dual, servings. Most vegetables go well with pork chops. Marination, while not necessary, infuses the meat with flavor.

Pre Cook Preparation:

Marinate: A light barbecue sauce or a vinegar sauce

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 45 minutes to 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce
Butter (lactose)
Mushrooms
Pepper
Pork
Potatoes
Spices

Meatless Preparation Avoid:

Butter
Pork
Substitute with: _____

Utensils:

- Fork
- Pot holders
- Steak knife.
- Pan: 2.5 quart oven safe oblong with lid

Ingredients:

Meat:

- Pork chops

Vegetables:

- 15 ounces of carrots
- 15 ounces of peas
- 15 ounces of potatoes (canned, instant, or whole)

Other ingredients:

- Dash of salt
- Spices such as pepper to taste
- Optional:
- Barbecue sauce (gluten free)

Preparation time: 10 minutes

Preparation:

1. Place pork chops in pan.
2. Sprinkle a dash of salt across.
3. Add enough water to cover the bottom of the pan.
4. Optional: spread barbecue sauce across the top.
5. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 45 minutes to an hour

Servings: Each chop should be 1 serving

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2.5 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Grilled Pork Chops

Pork can be grilled as easily as hamburgers, and more easily than chicken. When grilling pork, it is very important to be sure it is fully cooked. Grilling in reusable aluminum foil pans is becoming popular, and perfect for pork. Place the meat in the pan, add spices and barbecue sauce, and let the grill add delicious flavor. With the advent of the pans, a whole meal in a pan may be the future of grilling. Add vegetables to bake in the sweet juices of the meat for a meal ready to eat outdoors. No need to take it inside.

Pre Cook Preparation:
- Marinate: Barbecue sauce
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Stay with meal

Meal Adaptations:

Physical Accommodations:
- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:
- Colored chopping boards

Potential Food Allergy or Intolerance:
- Barbecue Sauce
- Butter (lactose)
- Mushrooms
- Pepper
- Pork
- Potatoes
- Spices

Meatless Preparation Avoid:
- Butter
- Pork
- Substitute with: _____

Utensils:
- **Fork**
- **Steak knife**
  - **Pan: Grill aluminum foil pans**

Ingredients:

- **Meat:**
  - **Pork chops, or**
    - **Tenderloin**

- **Vegetables:**
  - **15 ounces of asparagus**
  - **Baked potatoes**
  - **15 ounces of corn**

- **Other ingredients:**
  - **Dash of salt**
  - **Spices such as pepper to taste**

Preparation time: 10 minutes

Preparation:
1. **Place meat in aluminum grill pan.**
2. **Add a little barbecue sauce and a dash of salt.**
3. **Place vegetables in aluminum grill pan.**
4. **Place pans on grill and cook until done.**

Cook Temperature: Grilled

Cook Time: Varies

Servings: Each piece should be one serving

Storage Solutions: Square containers in individual servings with or without vegetables
- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Ham Steaks

When most people think of ham, they think of the thick pinkish slab that is cut up on holidays and often has a pineapple glaze on it. However, if you buy a half a pig from the butcher, your ham won't be prepared like that. It'll be raw, dark grey steaks, and not cooked, ready to eat ham. Ham steaks are a little tougher, and gristlier than the average cut of pork. They also often have bone in them. They aren't any more difficult to cook than other cuts of meat, though they still won't be grocery store ham.

Pre Cook Preparation:
- Marinate: Not necessary
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:
- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:
- Colored chopping boards

Potential Food Allergy or Intolerance:
- Barbecue Sauce
- Butter (lactose)
- Mushrooms
- Pepper
- Pork
- Potatoes
- Spices

Meatless Preparation Avoid:
- Butter
- Pork
- Substitute with: _____

Utensils:

- Fork
- Steak knife
- Pan: 2.5 quart oven safe oblong with lid

Ingredients:

- Meat:
  - Ham steaks
- Vegetables:
  - 15 ounces of carrots
  - 15 ounces of peas
  - 15 ounces of potatoes (canned, instant, or whole)
- Other ingredients:
  - Dash of salt
  - Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place ham steaks in pan.
2. Sprinkle a dash of salt across.
3. Add enough water to cover the bottom of the pan.
4. Optional: spread barbecue sauce across the top.
5. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 2 to 3 per steak

Storage Solutions: Square containers in individual servings with or without vegetables

- Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
- Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
- Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Ham Salad

Ham salad is another summer time favorite. Because it is typically served on bread or crackers, this wasn't as readily enjoyable for the gluten free lifestyle. It can be eaten with a spoon as part of meal, or on gluten free noodles or rice. Add peas and carrots and this makes a good meal to carry in a cold, insulated container while away from home. Along with bean salad, it is an excellent source of protein and a full day's supply of salt. Although sloppy, it has great taste and texture. Prechopped ham, though expensive, can be used in this recipe.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

A. Set timer to boil eggs for one hour before meal preparation
B. Set timer to one hour while eggs boil
C. Eggs need to cool before shelling
D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Crackers
Crumbs (gluten)
Eggs
Ham
Mayonnaise
Onion
Pepper
Relish
Spices

Meatless Preparation Avoid:

Eggs
Ham
Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
  - Pan: 2 to 3 quart sauce pan

Ingredients:

- Meat:
  - 4 boiled eggs
  - 1 cup of chopped ham
- Vegetables:
  - Optional:
    - 1/4 cup chopped onion
    - 6 ounces of peas
- Other ingredients:
  - 1/4 cup chopped celery
  - 1/2 cup of mayonnaise (adjust as needed)
  - 2 tablespoons of pickle relish (or diced pickles)
  - Dash of salt
  - Spices, such as pepper, to taste
    - (Commonly includes: garlic powder, lemon pepper)
    - Optional:
      - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:

1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour.
2. Chop and add to medium sized mixing bowl:
   1/4 cup of celery
   4 boiled eggs
   1 cup of chopped ham
   1/2 cup of mayonnaise (adjust as needed)
   1/4 cup of onions
   2 tablespoons of pickles
      Optional:
         6 ounces of peas
         Spices, such as pepper, to taste
            Commonly: garlic powder, lemon pepper
3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings
   Counter safe: 30 minutes and place in the fridge
   Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources
   Freezer safe: Don't freeze. * Per FDA Storage Chart link in Resources.

Reheat Instructions:
   Allow to warm on plate for 3 to 5 minutes before eating.

Pork Roast

Pork roast was once the most affordable meat for people on a budget. They used to be large, and one would feed two people for a week. Recently, I've seen a few that would be lucky to get three single servings off of one. Thaw and cook times may have to be adjusted based on the quality and thickness of the meat. A pork roast can taste very similar to a beef roast. Pork roast can be one of several different cuts, and each taste about the same. They shrink more than a beef roast. Vegetables soak the juice up.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 3 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 2 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Onions

Pepper

Pork

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:
- Fork
- Pot holders
- Steak knife
- Pan:
  - 2.5 quart oven safe with an oblong lid, or
  - Table top roaster

Ingredients:

Meat:
- Pork roast, with or without a bone

Vegetables:
- 15 ounces of carrots
- 15 ounces of green beans
- 1/4 cup of onions
- 15 ounces of potatoes

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add roast to pan.
2. Add enough water to cover the bottom.
3. Add cut up vegetables, if cooking together:
   - 15 ounces of carrots
   - 15 ounces of green beans
   - 1/4 cup of onions
   - 15 ounces of potatoes
4. Add a dash of salt.
5. Place pan in oven.
   - If using the table top roaster: the roast and vegetables go directly in the roaster pan. An additional pan is not necessary.

Cook Temperature: 350 degrees

Cook Time:
- 2 hours in an oven, or
- Check table top roaster for times

Servings: Should make 6 servings if a good sized roast

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Ribs

Ribs is one of those meals that is either enjoyed, or an annoyance. Mostly, it's messy, with little meat, and lots of work to pull off the few bites there are. While it's a favorite picnic food, it's best to have plenty of clean water to wash your hands and clothes after the meal. Rib meat can also be cooked until it falls off the bones, and then chopped fine, and used in stews and casseroles. Bone free rib meat, while more expensive, is easier to cook and eat. Grilled or baked ribs can be a tasty summer treat.

Pre Cook Preparation:

Marinate: Barbecue sauce for a few hours
A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce
Butter (lactose)
Mushrooms
Pork
Potatoes
Pepper
Spices

Meatless Preparation Avoid:

Butter
Pork
Substitute with: _____

Utensils:
- Carving knife
- Fork
- Pot holders
- Pan:
  - 2.5 quart oven safe oblong with lid, or
  - Grill

Ingredients:

Meat:
- Pork ribs

Vegetables:
- 15 ounces of carrots
- Corn on the cob
- 15 ounces of green beans

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Add meat to pan.
2. Top with barbecue sauce and a dash of salt.
3. Place in oven, or on grill.

Cook Temperature: 350 degrees for oven

Cook Time:
- Grill: until done
- Oven: 1 hour

Servings: 3

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Pork Stir Fry

Pork stir fry can be made in dozens of ways, and can be a great way to use up left over bits of vegetables. It can be made with, or without, rice. Perfect meats include: rib meat, dried out chops, organ meat, and sausage. The flavors and mixtures make for a quick meal on warm summer's evening. A light coating of vegetable oil may be needed. Pork stir fry can be cooked on the grill, if needed, especially after a power outage. Add a dash or two of vegetable oil to a grill packet with the diced meat and vegetables.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Butter (lactose)

Broccoli

Mushrooms

Pepper

Pork

Potatoes

Sausage

Spices

Meatless Preparation Avoid:

Butter

Pork

Sausage

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Pot holders
- Steak knife
- Wooden spoon
- Pan: 8 inch frying pan

Ingredients:

Meat:
- Chops
- Rib meat
- Sausage
- Tenderloin

Vegetables:
- 15 ounces of broccoli
- 15 ounces of carrots
- 15 ounces of corn
- 15 ounces of peas

Other ingredients:
- 2 tablespoons of butter
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Chop:
   - 15 ounces of broccoli
   - 15 ounces of carrots
2. Chop 2 cups of one of the following:
   - Chops
   - Rib meat
   - Sausage
   - Tenderloin
3. Add a teaspoon of cooking oil to pan.
4. Add to pan:
   - 15 ounces of broccoli
   - 15 ounces of carrots

15 ounces of corn
15 ounces of peas
Dash of salt
Spices, such as pepper, to taste.

5. Cook on medium heat until it reaches a light boil.
6. Lower heat and simmer.
7. Stir frequently until done.

Cook Temperature: Medium to low heat

Cook Time: 20 to 30 minutes

Servings: 2 to 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.
   Add your oven time here: _____.

Stuffed Pork Roast

A delicious winter meal. Stuffed pork roast is a meal you place in the oven and work on other projects while it is cooking. The aromas will entice you into the kitchen with an appetite. Various ingredients can be used to stuff the pork roast. Typically, salt, pepper, diced onions, and mushrooms are used, along with any sauce used to moisten the top of the roast. For fun, use a colored vegetable, such as carrots, to create a smiley face on the roast top. They may not cook as done, though they bring a smile to the onlookers.

Pre Cook Preparation:

Marinate: Not necessary

A. Timer set to thaw meat for about 4 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 2 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Beef

Butter (lactose)

Mushrooms

Onions

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Pork

Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Spatula
- Spoon
- Pan:
  - 2.5 quart oven safe oblong with lid, or
    - Table top roaster

Ingredients:

Meat:
- Pork roast

Vegetables:
- 15 ounces of carrots
- 15 ounces of green beans
- 4 ounces of mushrooms
- 1/4 cup of onions
- 15 ounces of potatoes

Other ingredients:
- 1 tablespoon of butter
- Dash of salt
- Spices such as pepper to taste

Preparation time: 15 minutes

Preparation:
1. Add pork roast to pan.
2. Add enough water to cover the bottom.
3. Using a knife, cut holes in the roast.
4. Place the following in the holes:
   - 4 ounces of mushrooms
   - 1/4 cup of onions
   - Dash of salt
   - Spices, such as pepper, to taste
5. Cover with barbecue sauce.
6. Add cut up vegetables, if cooking together.
   - 15 ounces of carrots
   - 15 ounces of green beans

15 ounces of potatoes

7. Cover and place pan in oven.

If using the table top roaster, the roast and vegetables go directly in the roaster pan. An additional pan is not necessary

Cook Temperature: 350 degrees

Cook Time:

2 hours in an oven, or

Check table top roaster for times

Servings: Should make 6 servings if you use a good sized roast

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 2 to 3 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. Place in a microwave safe dish (not plastic).
2. Heat until food is fully hot and reaches a safe temperature.
3. Minimum 2 minutes.

Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. Place food in frying pan.
2. Add enough water to almost cover food.
3. Stir frequently while food heats, until thoroughly warm, about 10 minutes.

Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. Place in oven safe pan.
2. Add a little water.
3. Heat until thoroughly warm, about 20 minutes.

Add your oven time here: _____.

Turkey *

Turkey is a versatile meat bird. Turkey eggs are rarely found available to be eaten, as the grown bird is far more valuable. Although turkeys lay eggs like chickens, only their adult meat is normally cooked in similar ways. They take longer to cook than the average chicken. However, turkey meat has successfully been formed into ground meat, to be used in soups, stews, meatloaf, burgers, and chili. It can also be spiced and formed into sausage, or flattened into strips, and made into bacon. In many ways, turkey can be used as a healthier meat to replace chicken, pork, and beef, with far less grease and fat. Turkey can be baked, fried, grilled, or microwaved based on portion size. Pit cooking, alongside pork, can also be done, though not covered in this cookbook.

Turkey can be enjoyed regardless of time of year. A frozen turkey cooked in a table top oven produces little heat, and can feed a family for days. Especially in the summer, when light meals, like turkey salad are most appreciated. Or chopped and frozen to later be thawed and used in various recipes.

* Turkey burger recipes are included in with beef burger recipes. Almost any meal that can be made with beef burger can be made with turkey burger.

Turkey is a safe meat to be used in place of chicken in home cooked meals for sick dogs or cats, with a veterinarian's recommendation. However, do not feed turkey bones, especially cooked ones, to pets.

Whole Turkey

Most people have a funny or sad first whole cooked turkey story. I've cooked a few turkeys in the oven and was never satisfied with the amount of time it took or the heat lost. A whole turkey almost fills a table top oven. There is very little heat loss, and it cooks in about half the time of a conventional oven. Lift the inner lining out and set it on the table to carve the turkey. No bending over to lift a heavy turkey, and the oven is free to prepare foods that only need an hour to bake.

Pre Cook Preparation:

Marinate: Gluten free gravy

A. Thaw turkey in fridge for about 5 days (based on weight and instructions on the package)

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for when next part of the meal should be prepared

Determine this by one of two methods:

For oven cooking, a basic pounds and time to cook guide is generally located on the packaging.

For table top oven, consult the book that came with it. The oven I use says 15 to 17 minutes per pound. A 16 pound turkey should take a minimum of 4 hours to bake. At 3 hours, or a little less, I need to be prepared to start the vegetables. I don't want to start them too early, as it could take 4.5 hours for the turkey to bake.

Meal Adaptations:

Physical Accommodations:

Allow the meat cook to well done so it slides off the bones

By using the table top oven, there is little to no bending

Cut meat into bite sized pieces before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring vegetables

Visual Accommodations:

Colored chopping boards

Use the table top oven to avoid burns

Potential Food Allergy or Intolerance:
- Broccoli
- Butter (lactose)
- Gravy (gluten)
- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:
- Butter
- Turkey
- Substitute with: _____
- Vegetarian style turkey is available

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: Table top oven

Ingredients:

Meat:
- Turkey

Vegetables:
- Corn on the cob
- 15 ounces of potatoes, (diced, mashed, sliced)
- Sweet potato pie

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 20 minutes

Preparation:

1. Thaw the turkey. This takes several days in the fridge. Follow guide on turkey package.
2. Rinse turkey.
3. Thaw inside and remove plastic leg holders, gravy packets, and giblet packets that may have been frozen inside.
   Important: Do not bake giblets, gravy packets, or plastic leg holders inside the turkey. Gravy and giblets may contain gluten.
4. Rinse turkey inside and out.
5. Place inside the table top cooker pan.
6. Add 2 inches of water.
7. Slice the breast meat down the center for easier cooking.
8. Tuck wing tips underneath each wing.
9. Set pan in table top oven and turn to 350 degrees, or as specified by the cooker. Be sure cooker is not touching anything. The cord will become warm.

Cook Temperature: 350 degrees

Cook Time: Based on size, generally 3 to 4 hours

Servings: A week's worth of turkey to eat, and freeze for later

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Legs and Vegetables

Dark meat contains many specific vitamins and minerals. It has a softer, moister texture than the white meat. A perfect comfort food when you don't feel well. The only problem with turkey legs is all the extra cartilage strings. Cook it, let it cool, and the meat should fall right off, allowing the cartilage strings to stay in your hand. Turkey legs can be bought by themselves, and they only take about two hours to cook in a conventional oven. Even less time in a table top oven. The meat can then be chopped and used in a variety of dishes.

Pre Cook Preparation:
- Marinate: Not necessary
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:
- Cut meat into bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring
- Table top oven

Visual Accommodations:
- Colored chopping boards
- Table top oven

Potential Food Allergy or Intolerance:
- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:
- Butter
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: Table top oven

Ingredients:

Meat:
- 2 turkey legs

Vegetables:
- 2 pieces of corn on the cob
- 15 ounces of green beans
- 2 potatoes

Other ingredients:
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Open the table top oven and place inside pan:
   - 2 pieces of corn on the cob
   - 15 ounces of green beans
   - 2 potatoes
   - 2 turkey legs
   - Dash of salt
   - Spices, such as pepper, to taste
2. Add about an inch of water.
3. After about an hour, check to see if the meat and potatoes are done.

Cook Temperature: 350 degrees
Table top oven time and temperature may vary.

Cook Time: 1.5 to 2 hours

Servings: 2

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Breast and Vegetables

Preparing a moist turkey breast can be difficult for people living a gluten free lifestyle. There are two tricks that can help. Save and freeze turkey juice after each turkey cooking so some is available to make a juicy gravy. Or use a gluten free chicken gravy or soup mix to add to the pan to keep it moist. Sometimes, turkey breasts are sold separately from the rest of the turkey. Or the breasts may be saved from the turkey for meals later on. A great dish, regardless of season, whether froze, or fresh. Mushrooms and onions add additional flavor.

Pre Cook Preparation:

Marinate: Yes, in gluten free turkey, or chicken, gravy

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring
Table top oven

Visual Accommodations:

Colored chopping boards
Table top oven

Potential Food Allergy or Intolerance:

Gravy (gluten)
Mushrooms
Onions
Pepper
Potatoes
Spices
Turkey

Meatless Preparation Avoid:

Butter
Turkey
Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:
- 2 turkey breasts

Vegetables:
- 4 corn on the cob
- 2 potatoes
- 15 ounces of sweet carrots

Other ingredients:
- 15 ounces of gravy (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:
1. Place turkey in pan.
2. Poke a few holes into the turkey meat.
3. Pour gluten free gravy on top.
4. Place pan in oven.
5. Place corn in a covered pan in the oven at the same time.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Casserole

Turkey casserole is a great way to use up holiday leftovers, or any leftovers in the fridge with a batch of frozen turkey. A turkey casserole can be made with just about any combination of vegetables. Don't overdo it with too many different types. Trying to stick to theme can make it easy and delicious, such as greens, basics (corn, potatoes, carrots), spring garden (yellow and green squash, green beans), or bready (vegetables and gluten free biscuits). With so many options, only one can be covered here. Adjust to personal tastes. Or try each one at a different time.

Pre Cook Preparation:
- Marinate: Yes, in a gluten free gravy
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1.5 hours later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:
- Chopper to cut up meat
- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:
- Colored chopping boards

Potential Food Allergy or Intolerance:
- Mushrooms
- Onions
- Pepper
- Potatoes
- Spices
- Turkey

Meatless Preparation Avoid:
- Butter
- Turkey
- Substitute with: _____

Utensils:
- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 2.5 quart oven safe casserole pan

Ingredients:

Meat:
- 2 pounds of shredded turkey

Vegetables:
- 6 ounces of carrots
- 6 ounces of peas
- 6 ounces of potatoes (sliced or diced)
- Optional:
  - 4 ounces of mushrooms
  - 1/4 cup of chopped onions

Other ingredients:
- 15 ounces of gravy (gluten free)
- Dash of salt
- Spices such as pepper to taste

Preparation time: 10 minutes

Preparation:
1. Dice potatoes.
2. Dice 2 pounds of turkey.
3. Mix in 2.5 quart oven safe casserole pan:
   - 6 ounces of carrots
   - 6 ounces of peas
   - 6 ounces of potatoes (sliced or diced)
   - 2 pounds of shredded turkey
   - Dash of salt
   - Spices, such as pepper, to taste
   - Optional:
     - 4 ounces of mushrooms
     - 1/4 cup of chopped onions
4. Add a gluten free gravy mix and stir.
5. Place pan in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 hours

Servings: 8 to 10

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Salad

Turkey salad is often made from leftover holiday turkey. It's more enjoyable in the summer, made from frozen chopped turkey, if necessary. Living gluten free often means none of the sandwich and cracker parties that are so common. There are gluten free options. So similar in appearance, it would be easy to mix them up at a party. Another option is topping a pile of gluten free noodles. Eggs can be cooked as early as a day before. If multiple meat salads are made, add a dash of mustard to one to differentiate them.

Pre Cook Preparation:

Marinate: No, though it is better after 12 hours of refrigeration

A. Set timer to boil eggs for one hour before meal preparation
B. Set timer to one hour while eggs boil
C. Eggs need to cool before shelling
D. Set timer for 10 to 15 minutes of preparation time

Meal Adaptations:

Physical Accommodations:

Frozen or canned vegetables can be used
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Crackers
Crumbs (gluten)
Eggs
Mayonnaise
Onion
Pepper
Relish
Spices
Turkey

Meatless Preparation Avoid:

Eggs
Turkey
Substitute with: _____

Utensils:
- Chopping board
- Mixing bowl
- Paring knife
- Wooden spoon
- Pan: 2 to 3 quart sauce pan

Ingredients:

Meat:
- 4 boiled eggs
- 1 cup of chopped turkey

Vegetables:
- Optional:
  - 6 ounces of peas

Other ingredients:
- Dash of salt
- 1/4 cup chopped celery
- 1/2 cup of mayonnaise (adjust as needed)
- 1/4 cup chopped onion
- 2 tablespoons of pickle relish (or diced pickles)
- Spices such as pepper to taste
  - (Commonly includes: garlic powder, lemon pepper)
  - Optional:
    - Cracker crumbs (gluten free)

Preparation time: 10 minutes

Preparation:
1. Boil at full boil for 10 minutes 4 eggs.
   Takes about 45 minutes to an hour
2. Chop and add to medium sized mixing bowl:
   - 1/4 cup of celery
   - 4 boiled eggs
   - 1/2 cup of mayonnaise (adjust as needed)
   - 1/4 cup of onions
   - 2 tablespoons of pickles
   - 1 cup of chopped turkey

Optional:
6 ounces of peas
Spices, such as pepper, to taste
Commonly: garlic powder, lemon pepper

3. Mix well with a wooden spoon.
4. Add more mayonnaise, if needed.
5. If too moist, crumble, and add a few gluten free crackers until moisture level is correct.

Cook Temperature: None

Cook Time: None

Servings: 4

Storage Solutions: Square containers in individual servings.
Counter safe: 30 minutes and place in the fridge.
Fridge safe: 3 to 5 days * Per FDA Storage Chart link in Resources.
Freezer safe: Don't freeze * Per FDA Storage Chart link in Resources.

Reheat Instructions:
Allow to warm on plate for 3 to 5 minutes before eating.

Turkey Pot Pie

Turkey pot pie is a staple leftovers dish that many fear they can never again enjoy living a gluten free lifestyle. Several gluten free flours are available that work great for a pie crust. It's easy to make, though joining a top and bottom crust can be a challenge. Don't worry about joining the crusts. Enjoy the meal. Turkey pot pie can also be made from frozen leftovers, for a good early spring, or late fall meal. Or a great way to clean out the extra vegetables in the fridge after a long day. Frozen ones are available, as well.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat into bite sized pieces before sitting down
Frozen or canned vegetables can be used
Long oven mitts and oven rack puller
Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Broccoli
Butter (lactose)
Eggs
Milk (lactose)
Mushrooms
Onions
Pepper
Potatoes
Spices
Turkey

Meatless Preparation Avoid:
Butter
Eggs
Milk
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:
1 pound of sliced turkey

Vegetables:
15 ounces of carrots
15 ounces of peas
15 ounces of potatoes (diced)

Other ingredients:
1 baking mix (gluten free)
Verify amounts of extra ingredients:
1/4 cup of butter
2 eggs
Milk, or
Water
1 tablespoon of butter
Mushroom soup (gluten free)
Dash of salt
Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

Baking Mix:

1. Combine in a mixing bowl.
   Verify package ingredients:
   1/2 cup of butter
   2 eggs
   1/4 cup milk, or
   1/4 cup water

Vegetables:

1. Open cans of:
   15 ounces of carrots
   15 ounces of peas
   15 ounces of diced potatoes

Meat:

1. Dice 1 pound of cooked turkey.

Combine in oven safe pan:

1. Melt 1 tablespoon of butter and cover the bottom of the 2.5 quart pan.
2. Lightly tap and spread half of the baking mix into the bottom of the pan.
3. Add:
   15 ounces of carrots
   1 can of gluten free mushroom soup
   15 ounces of peas
   15 ounces of diced potatoes
   Dash of salt
   Spices, such as pepper, to taste
   1 pound of diced turkey.
4. Add the second half of the baking mix in small spoonfuls, spreading it across the top carefully.
5. Cut 2 small squares of butter (about 4 times the width of the knife) and break into smaller squares. Sprinkle on top.
6. Cover and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1.5 to 2 hours

Servings: 4

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer

Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources

Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Chili

Turkey chili is tasty take on the winter favorite. Although it is similar to beef chili, there is the potential for more variance in flavor. Some people prefer to add more tomato base, or spices, to turkey burger. While other people prefer to add vegetables and/or chicken to their turkey chili. This is a great winter meal that can be made in large quantities easily and frozen for a later time. It can be frozen in small quantities to be used in the summer on hot dogs. While frozen, it can easily be transported in an ice chest for long distances.

Pre Cook Preparation:

Marinate: No

A. Timer set to thaw meat for about 2 hours
B. Timer set to the time to begin preparation prior to cooking
C. Timer set for 1 hour later, when meal should be ready to eat
D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:

- Colored chopping boards

Potential Food Allergy or Intolerance:

- Cheese (lactose)
- Mushrooms
- Noodles (gluten)
- Onions
- Pepper
- Potatoes
- Spices
- Tomatoes
- Turkey

Meatless Preparation Avoid:
Butter
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 8 quart pan with lid

Ingredients:

Meat:
2 pounds of ground turkey

Vegetables:
15 ounces of chili beans
2 (15 ounce) cans of dark red kidney beans
2 (15 ounce) cans of light red kidney beans
2 (15 ounce) cans of great northern beans
46 ounces of tomato juice
15 ounces of tomato sauce
Optional:
2 cups of diced onions

Other ingredients:
1 teaspoon of salt
Spices such as pepper to taste
Optional:
2 cups of shredded cheese
Up to 1/2 cup of chili powder
1 box noodles (gluten free)

Preparation time: 10 minutes

Preparation:

1. Chop turkey into cubes and add to 8 quart pan with lid.
2. Optionally: Use 2 pounds of ground turkey. Fry in the 8 quart pan before adding other ingredients.
3. Add:
   - 15 ounces of chili beans
   - 30 ounces of dark red kidney beans
   - 30 ounces of light red kidney beans
   - 30 ounces of great northern beans
   - Optional:
     - 46 ounces of tomato juice
     - 15 ounces of tomato sauce
     - 2 cups of diced onions
     - 2 cups of shredded cheese
     - 1 package of gluten free noodles
     - Up to 1/2 cup of chili powder
     - 1 teaspoon of salt
4. Stir frequently until mixture comes to a boil.
5. Lower temperature 1/3.
6. Cover, and continue to stir every 10 minutes.

Cook Temperature: Medium to low

Cook Time: 1 hour

Servings: 10+

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

Turkey Meatloaf

Turkey meatloaf has a slightly softer taste than beef meatloaf. It tends to crumble easier, especially if made in the gluten free method. It's better the second day around for a solid meatloaf. Vegetables can be cooked within the meatloaf and make it a different texture and taste. Some of the best vegetables inside a meatloaf include mushrooms, corn, peas, and diced carrots. Making it gluten free and moist is not difficult. Use gluten free rice or corn cereal, and oatmeal, in place of crackers and bread. Plenty of eggs, and a dash of corn starch will hold it together.

Pre Cook Preparation:
- Marinate: No
- A. Timer set to thaw meat for about 2 hours
- B. Timer set to the time to begin preparation prior to cooking
- C. Timer set for 1 hour later, when meal should be ready to eat

Meal Adaptations:

Physical Accommodations:
- Cut meat to bite sized pieces before sitting down
- Frozen or canned vegetables can be used
- Long oven mitts and oven rack puller
- Sit on a stool while stirring

Visual Accommodations:
- Colored chopping boards

Potential Food Allergy or Intolerance:
- Eggs
- Mushrooms
- Onions
- Pepper
- Pork
- Potatoes
- Sausage
- Spices
- Turkey

Meatless Preparation Avoid:
Butter
Eggs
Pork
Sausage
Turkey
Substitute with: _____

Utensils:
Chopping board
Fork
Paring knife
Pot holders
Spatula
Spoon
Pan: 2.5 quart oven safe with lid

Ingredients:

Meat:
3 large eggs
2 pounds of turkey burger
1 pound of pork sausage

Vegetables:
6 ounces of diced carrots
6 ounces of corn
4 to 6 ounces of mushrooms
6 ounces of peas

Other ingredients:
1/2 to 3/4 cup of barbecue sauce (gluten free) (estimated)
1/8 teaspoon of corn starch (estimated)
1/2 to 3/4 cup of ketchup (estimated)
3/4 cup of oatmeal, (gluten free) (estimated)
1 cup of pounded rice or corn cereal (gluten free)
1/4 teaspoon of salt
Spices, such as pepper, to taste

Preparation time: 20 minutes

Preparation:

1. Stir together dry ingredients:
   1/4 teaspoon salt
   1 cup of oatmeal
   1 cup of gluten free crushed cereal (corn or rice squares)
2. Add optional:
   6 ounces of diced carrots
   6 ounces of corn
   4 to 6 ounces of mushrooms
   1/4 cup of onions
   6 ounces of peas
3. Add
   3 eggs
   1/2 cup of ketchup
   1/2 cup of barbecue sauce
4. Stir well.
5. Add:
   2 pounds of turkey burger
      Optional:
         1 pound of sausage
6. Stir well.
7. If it is too moist, add:
   A bit more oatmeal, or
      Crushed cereal
         Be careful not to get any raw meat on the packages.
8. If it is too dry, gently add:
   A bit more ketchup, or
      Barbecue sauce
         About a tablespoon at a time.
9. When perfect, pour into pan.
10. Add a paper thin layer of ketchup across the top to hold in moisture.
11. Place lid on pan and then place pan into oven.

Cook Temperature: 350 degrees

Cook Time: 2 hours

Servings: 12

Storage Solutions: Square containers in individual servings with or without vegetables

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources**

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.

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Thank you for reading Allergy Free Meat. If you enjoyed it, please take a moment to leave me a review at your favorite online retailer and share it on social media.

Thanks!

Abby Brown

About the Author

Abby Brown began reading at far too young an age. Her preferred reading material was nonfiction, with biographies and science being at the forefront of her library excursions.

Her ability to memorize and use all the grammar rules in school years led to working in the school library while classmates caught up. All of those rules and diagramming sentences was easy and relaxing. For many years. All is forgotten now. Except the joyful memories of preparing the library for others to use.

As an adult, gardening and preparing the garden bounty was her way to relax. To think. To make (tasty) order out chaos. Even that is gone now. May you enjoy the recipes she has gathered over the decades.

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